

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The control group consisted of 10 men who did not exercise regularly, and the exercise group consisted of 10 men who exercised regularly. The exercise group performed a 10-week training program consisting of three sessions per week, each lasting 30 minutes. The training program included aerobic and resistance exercises. The HR and HRR were measured at rest and during maximal exercise at the beginning and end of the 10-week period. The results showed that the exercise group had a significant decrease in HR and HRR at rest and during maximal exercise compared to the control group. The control group showed no significant changes in HR and HRR. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary, middle-aged men.